

# *Personal Care Plus™* Electronic Hand Stimulator And Massager

User Manual



Model PM-775

## Contents

Introduction	2
Parts	4
Safety information	5
Instructions for use	10
Therapeutic modes	17
Specification	18
Troubleshooting	19
Maintenance and Cautions	20
Storage	21
Disposal	22
Normalized symbols	23
Warranty	24

## Introduction

Thank you for purchasing the PM-775. PM-775 is a single output channels EMS machine and highly effective improve blood circulation, increasing the range of movements and increasing the power grasp, EMS stands for Electronic Muscle Stimulation is a non-invasive muscle exercise and muscle toning technique that is a very useful supplement to your workout routine. EMS machines work by applying a chosen intensity and frequency repeatedly in stimulated contraction and relaxation intervals. This is being widely used in home , hospital and sport for improve blood circulation, increasing the power grasp and increasing the range of movements, beneficial effects are suppression of muscle hypertonia, increased awareness of the affected hand, and decrease of spatial hemineglect. Before using, please read all the instructions in this user manual carefully and keep it safe for future reference.

### Explanation of the Electronic Hand Stimulator and Massager

Control of the arm, hand, and fingers is part of expressive communication behavior and is a equirement for acceptance into human society. The hand is also important in expressing emotions through painting, music, and drama.

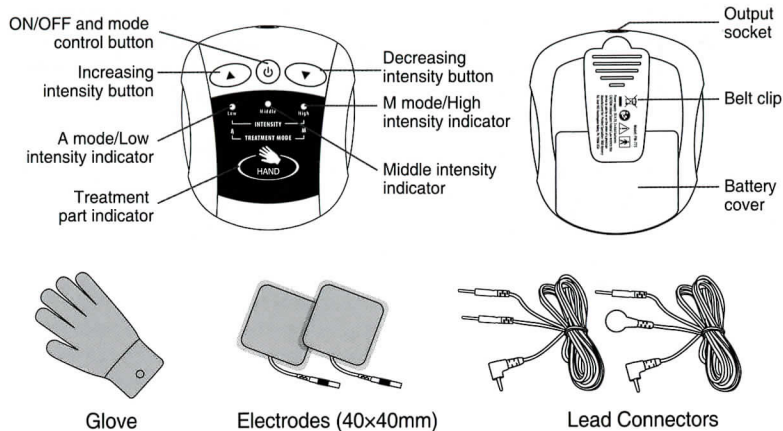
## Introduction

Besides having a different musculoskeletal design than the lower extremity, the hand is subject to more complex neuronal control. It is not surprising that many decades of use many lead to poor circulation, muscle and joint pain. It is a process affecting an expanding proportion of the population. Prevention is the ideal solution. The Electronic Hand Stimulator and Massager can assist but most of the time there is a need to reduce the existing symptoms.

The Electronic Hand Stimulator and Massager is a small, lightweight stimulator; it uses Electrical Muscle Stimulation (EMS) applied primarily through a glove and electrode pad to stimulate thousands of nerve endings in the hand. The glove is made of conductive wire and can be slipped over the hand so that the stimulation is distributed evenly and comfortably. This action effectively prevents stasis (the pooling of blood) with a significant increase in venous blood flow.

## Parts

### Electronic Hand Stimulator And Massager



## Safety information

### Before you start

Please carefully read and understand the following warnings and cautions to ensure the safe and correct use of this device and to prevent injury.

- Make sure the batteries are installed correctly.
- Wear glove and place the electrode pad in the hand.
- Connect the cable to the glove and the electrode pad, and then connect to the unit.
- Do not use the glove or electrode pad if it is scratched or damaged in any way.

### Contraindication

- Do not use this device if you have a cardiac pacemaker, implanted defibrillator, or other implanted metallic or electronic device. Such use could cause electric shock, burns, electrical interference, or death.

### Warnings

- If you are in the care of a physician, consult with your physician before using this device;
- If you have had medical or physical treatment for your pain, consult with your physician before using this device;

## Safety information

- Stimulation should not take place while the user is connected to high-frequency surgical equipment, it may cause burn injuries on the skin under the electrodes, as well as problems with the stimulator.
- Do not use the stimulator in the vicinity of shortwave or microwave therapy equipment, since this may affect the output power of the stimulator.
- If your pain does not improve, becomes more than mild, or continues for more than five days, stop using the device and consult with your physician;
- Do not apply stimulation over your neck because this could cause severe muscle spasms resulting in closure of your airway, difficulty in breathing, or adverse effects on heart rhythm or blood pressure;
- Do not apply stimulation across your chest because the introduction of electrical current into the chest may cause rhythm disturbances to your heart, which could be lethal;
- Do not apply stimulation over open wounds or rashes, or over swollen, red, infected, or inflamed areas or skin eruptions (e.g., phlebitis, thrombophlebitis, varicose veins);
- Do not apply stimulation over, or in proximity to, cancerous lesions;
- Do not apply stimulation in the presence of electronic monitoring equipment (e.g., cardiac monitors, ECG alarms), which may not operate properly when the electrical

## Safety information

- stimulation device is in use;
- Don't touch any live parts when you wear the glove, the glove is conductive body.
- Do not apply stimulation when in the bath or shower;
- Do not apply stimulation while sleeping;
- Do not apply stimulation while driving, operating machinery, or during any activity in which electrical stimulation can put you at risk of injury; and
- Do not use the device on children unless under the supervision of a doctor.
- Consult with your physician before using this device, because the device may cause lethal rhythm disturbances to the heart in susceptible individuals; and
- Apply stimulation only to normal, intact, clean, healthy skin.

### *Precautions*

- The device is not a substitute for pain medications and other pain management therapies;
- The device devices have no curative value;
- Effectiveness is highly dependent upon patient selection by a practitioner qualified in the management of pain patients;

## Safety information

- The long-term effects of electrical stimulation are unknown;
- Since the effects of stimulation of the brain are unknown, stimulation should not be applied across your head, and electrodes should not be placed on opposite sides of your head;
- The safety of electrical stimulation during pregnancy has not been established, so pregnancy women or labour should consult your physician before use.
- You may experience skin irritation or hypersensitivity due to the electrical stimulation or electrical conductive medium;
- If you have suspected or diagnosed heart disease, you should follow precautions recommended by your physician; and
- If you have suspected or diagnosed epilepsy, you should follow precautions recommended by your physician.
- The unit must be turned off before moving the glove.
- Avoid contact of the glove with anything made of metal, such as rings.
- We also recommend that the user manual advise users of the following:
- Use caution if you have a tendency to bleed internally, such as following an injury or fracture;

## Safety information

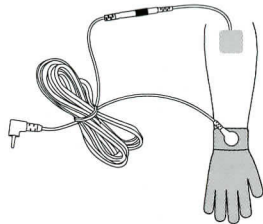
- Consult with your physician prior to using the device after a recent surgical procedure, because stimulation may disrupt the healing process;
- Use caution if stimulation is applied over the menstruating or pregnant uterus; and
- Use caution if stimulation is applied over areas of skin that lack normal sensation.
- The user manual should advise users of the following:
- Keep this device out of the reach of children; and
- Use this device only with the leads, glove, and accessories recommended by the manufacturer.

### ***Adverse Reactions***

- You may experience skin irritation and burns beneath the stimulation electrodes applied to your skin;
- You may experience headache and other painful sensations during or following the application of electrical stimulation near your eyes and to your head and face; and
- You should stop using the device and should consult with your physician if you experience adverse reactions from the device.

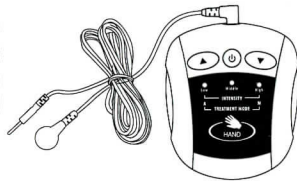
## Instructions for use

How to connect the cable to glove and electrode pad  
First, you should insert the cable pin into electrode pad, and then wear the glove on the hand and place the electrode pad on the arm. finally , please take the snap connector of the cable on to the metal snap on the glove (as show the right diagram).



### Connect the cable to device


Before proceeding to this step, be sure the device is completely turned off. Hold the cable plug and insert into the socket on the top of the device (as shown in the diagram). Ensure the lead cable are inserted correctly.

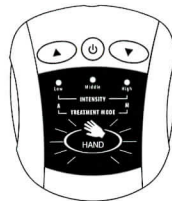


## Instructions for use

### Turn the device "ON"

Before using the device for the first time, you are strongly advised to take careful note of the safety information detailed at the beginning of this manual, as this powerful equipment is neither a toy nor a gadget!

In order to turn on the device, please press [  ] button, the treatment part indicator will be blinked 3 times first and you will hear 3 times "DI" sound. and then, the treatment part indicator will be light.



### Caution:

If there is no operation in the panel for 1 minutes in the waiting state, the device turns off automatically.

### Select the therapy mode

There are 15 therapeutic modes as a cycle.



## Instructions for use

The device will be working cycle according to 15 therapeutic modes alternately every 1 minute.

If you feel the therapeutic mode is comfortable, you can keep the current therapeutic mode by press [⏻] button. The LED M mode indicator will light for 3 seconds like figure I.

If you want to back working cycle at 15 therapeutic modes. you can press [⏻] button again. The LED A mode indicator will light for 3 seconds like figure II

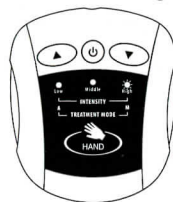


Figure I



Figure II

Start the work and Adjust the output intensity

Press the intensity control button ([▲] and [▼]) to adjust the intensity output and the

## Instructions for use

device start to work. You can hear a "DI" sound when you press button every time.

### Caution:

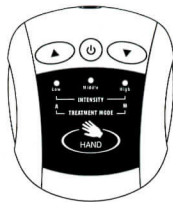
1. The device has 25 steps intensity control. If you press the intensity control from the 1 step to 8 step, the low intensity indicator will be blinked and you will hear 1 times "DI" sound. If you continuous press the intensity control from the 9 step to 17 step, the middle intensity indicator will be blinked and you will hear 2 times "DI" sound. Continuous press the intensity control from the 18 step to 25 step, the high intensity indicator will be blinked and you will hear 3 times "DI" sound.
2. The strength of stimulation can be adjusted depending upon the individual condition of user.
3. The maximum intensity level is 25, means that you can't increase the intensity after press [▲] button 25 times continuously.
4. For the device with electrode detection function, If the electrodes no placed firmly on skin or the device has not connected on the electrodes, you cannot increase the stimulator's output intensity, and you will hear two sets of three times "Di" sound.



## Instructions for use

Turn the device off

Press [⏻] button and hold on for 5 seconds, then the power on LED indicator off means the device is turned off.



Caution:

1. When you are finished using your stimulator, please removing the glove and electrode pad to avoid unpleasant stimulation.
2. Unplug the electrode cable, grasping them by the plug, not the cord. When the electrodes are removed, clean the skin thoroughly with mild soap and water.
3. After finished the treatment, the treatment part indicator will be light for 1 minute. and then the stimulator will turn off automatically.

## Battery information

To insert the battery, you should press the belt clip up first, slide the battery cover downward until the cover pops off like Figure I. Insert 3 batteries (type AAA) into the battery compartment as indicated Figure II. Make sure you are installing the battery properly, follow the correct polarity (+ and - pole) marked in the battery compartment of the unit. Do not turn the device on yet! Finally, Close the cover on by sliding from the bottom up like Figure III.

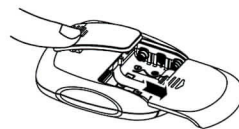


Figure I

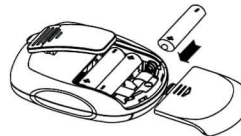


Figure II

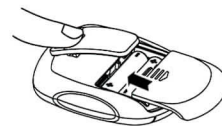


Figure III

## Battery information

Caution:

1. Please use 3×AAA batteries in this unit.
2. Remove the batteries if the device is not in use for long periods of time.
3. Do not mix old and new batteries or different types of batteries.
4. Warning: If batteries leak and come into contact with the skin or eyes, wash immediately with copious amounts of water.
5. Batteries must be handled by an adult. Keep batteries out of the reach of children.
6. Only batteries of the same or equivalent type are recommended.
7. Do not use rechargeable batteries.
8. Remove exhausted batteries from the unit.
9. Supply terminals are not to be short circuited.
10. Dispose of batteries safely according to battery manufacturer's instructions.

## Therapeutic modes

The PM-775 offers 15 therapeutic modes as a cycle. The fixed frequency is 1 KHz and the pulse duration is 300μs. The total treatment time is around 30 minutes.

No.	Program parameters	No.	Program parameters	No.	Program parameters
P1	Rate=10Hz Working time=3.2s Pause time=1.0s	P6	Rate=15Hz Working time=4.7s Pause time=1.0s	P11	Rate=20Hz Working time=2.2s Pause time=1.0s
P2	Rate=12.5Hz Working time=7.0s Pause time=1.0s	P7	Rate=20Hz Working time=2.2s Pause time=1.0s	P12	Rate=20Hz Working time=5.6s Pause time=1.0s
P3	Rate=20Hz Working time=4.5s Pause time=1.0s	P8	Rate=12.5Hz Working time=4.3s Pause time=1.0s	P13	Rate=15Hz Working time=4.6s Pause time=1.0s
P4	Burst Rate=50Hz Working time=5.5s Pause time=1.0s	P9	Burst Rate=40Hz Working time=5.5s Pause time=1.0s	P14	Rate=20Hz Working time=4.2s Pause time=1.0s
P5	Rate=15Hz Working time=4.5s Pause time=1.0s	P10	Rate=20Hz Working time=8.3s Pause time=1.0s	P15	Rate=20Hz Working time=4.86s Pause time=1.0s

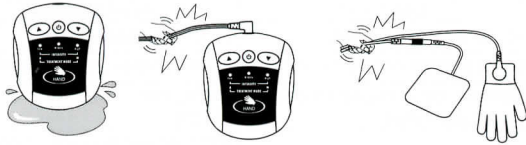
## Specification

- Power Sources: 4.5V DC, 3×AAA batteries
- Frequency: 10Hz~50Hz
- Pulse Duration: 300μs
- Output Voltage: 0~45V (at 500 ohm load)
- Output Intensity Adjustable: 1~25 (25 levels)
- Treatment Time: around 30minutes
- Operating Conditions: 5℃ to 40℃; 30%RH to 75%RH
- Storage Conditions: -10℃ to 55℃; 10%RH to 90%RH
- Size: 85mm×72mm×31mm
- Weight: 50g (without batteries)

## Troubleshooting

Problem	Check points	Possible solution
The unit cannot turn on	Are the batteries exhausted?	Replace the batteries.
	Are the batteries installed correctly?	Insert the batteries observing polarity.
Device is ON, but cannot feel the electrical stimulation	Is the snap cables properly connected with glove and pad?	Firmly connect the cable with the glove and pad.
	Your hand may be dry.	Moisturize your hand with conductive jelly which from your local pharmacy, and then try the procedure again.
Output stimulation is weak	Are the snap cables dirty?	Clean the snap cables with a damp, lint free cloth.
	Is the intensity too weak?	Use a higher intensity level.
Stimulation is uncomfortable	Is the intensity too high?	Choose a lower intensity or different program.
	Are you operating the device according to the manual?	Please operate the device according to the manual
	Damaged or worn the cable, glove or pad.	Replace new snap cable, glove or pad
Output current stops during therapy	Are the cables disconnected with the glove and pad?	Turn off the power and connect the cables with the glove and pad.
	Have the batteries been exhausted?	Please replace them with new batteries.

## Maintenance and Cautions



- Do not immerse device in water or any liquid. Do not drop the device or throw it from a height.
- After using the device, please remove the output plug from the output socket.
- Do not twist or pull the output cable.
- Do not use any chemical to clean the device the cable and electrode pad. If you need to clean them, please wipe with a damp, lint free cloth.
- To clean the glove, wash it gently with mild soap in lukewarm, not hot water. Rinse thoroughly in warm water to remove all traces of soap.
- Do not wring. Instead, wrap in a terrycloth towel to remove excess moisture.
- Remove from towel and allow to air dry at room temperature away from heat and sunlight.

## Storage

- Remove the batteries from the device if you are not going to use it for a long period of time. Leaking batteries can damage the unit.
- Do not expose the device to direct sunlight and protect it against dirt and moisture.
- Store the device in a cool, well- ventilated place.
- Never place any heavy objects on the device.

## Disposal

Used, fully discharged batteries must be disposed of in a specially labeled collection container, at toxic waste collection points or through an electrical retailer. You are under legal obligation to dispose of batteries correctly.

NOTE: You will find these markings on batteries containing harmful substances:

Pb = battery containing lead, Cd = battery containing cadmium,  
Hg = battery containing mercury.



Please dispose of the device in accordance with the directive 2002/96/EC–WEEE (Waste Electrical and Electronic Equipment). If you have any queries, please refer to the local authorities responsible for waste disposal.

## Normalized symbols



Equipment capable of delivering output values in excess of 10mA r.m.s. or 10V r.m.s. averaged over any period of 5s.



Applied part of type BF



Disposal in accordance with Directive 2002/96/EC (WEEE)



Refer to Instruction Manual.

## Warranty

This product is guaranteed for a period of one year from the date of purchase against mechanical and electrical manufacturing defects. There are no user serviceable parts inside the instrument. Any attempted repair by unauthorized persons invalidates the warranty. This does not affect your statutory rights.



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